



The 1st Annual Crystal Awards *By Chris DeFrates*

It was an afternoon of glamour and delight. Participants in the Supported Employment program at SEH-America, Inc along with other key supporters of the program, gathered in Fries Auditorium at Washington State School for the Blind for the 1st Annual Crystal Awards.

The Crystal Award aims to highlight the people and organizations that provide resources for vocational training to local adults with disabilities. Above all, it honors the hard work and dedication of the employees that come to work everyday and strive to make a difference despite their obstacles.

The ceremony started with the film titled "A Unique Partnership", produced by Megan Joseph, a student worker at SEH-A and Chris DeFrates, Administrative Assistant with the SEH-A Supported Employment division. In addition, we enjoyed a performance from the local gospel group, *African Gospel Acapella*, featuring our own Morris Kermon, Lawson Jallah, and James Sloan.

The awards presentation began with certificates being awarded for 'Length of Service'. Some of the winners include Jerry Klaudt (pictured) for 15 years of service, Tim Lee and Chris Gaston for 12 years of service, and Melissa McKneely for 10 years of service.

Special "Thank You" certificates were given to each parent/advocate for their day in and day out support of this enriching program. The "Friend of the Program" award was given to George and Lynne Gaston who have donated critical equipment and resources to the program here at SEH-America.

The prestigious award for 'Employee of the Year' is given to the participant that shows ambition and willingness to try new things and work with different people. In addition, this individual must maintain at least a 99% attendance record with no more than 3 tardy incidents in the past year. This year the award was presented to Becky Johnson who has been here since 2004.



Jerry Klaudt, right, with his job coach Shannon Gager, took home an award for 15 his years of service at SEH-A. Way To Go, Jerry!



Becky Johnson, left, with her job coach Stacy Walker, has been working at SEH-A through the Supported Employment program since October 2004.

The event wrapped up with the Crystal Award. This top honor is given to the business partner that demonstrates a high level of program support. The recipient of the first ever Crystal Award was Mr. Gary Jenks, Director of Human Resources for SEH-America, Inc, who accepted it prior to the ceremony due to absence.

MARK YOUR CALENDARS!!!! - The 2nd Annual Crystal Awards is set for Saturday, September 26, 2009 in Fries Auditorium at Washington State School for the Blind. ●

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NOVEMBER 2008



WIN A FREE MEAL JUST FOR READING THE WAFER'S EDGE!
See back page for details.

More Matters

The Produce for Better Health Foundation provides top 10 reasons to eat more Fruits & Veggies:

1. Color & Texture
2. Convenience
3. Fiber
4. Low in Calories
5. May Reduce Disease Risk
6. Vitamins & Minerals
7. Variety
8. Quick, Natural Snack
9. Fun to Eat!
10. Taste Great!



Benefit fairs provide a great venue to learn more about your health benefits and ways to enhance your health.

~ Amy Walmer,
Sr. Benefits
Administrator



ShinEtsu

NOVEMBER 2008

THE DISH: SEH-A Café Fall Menu & Programs

There is a chill in the air, the trees are turning colors and the sandwiches are “Hot and Toasty”-Yes, autumn has officially arrived.

If you have been down to the SEH-A Café lately you may have noticed some changes to the menu and the overall food presentation. Not only is the menu inspired by the fall season, but Eurest is now preparing many of the meals “exhibition style”. This means that the cooking is done made-to-order, right in front of the customer. Some of these dishes include pasta, stir fry, and sizzling salads. You can actually smell the aroma of fresh garlic when walking into the cafeteria.

“Hot and Toasty” sandwiches are a new employee favorite. These are freshly prepared gourmet sandwiches done on artisan bread. The sandwich is then lightly toasted right when you place your order. The types of sandwiches vary daily but there are usually 3 different options. All come in either whole or half sizes with a choice of side (soup, salad, or chips). You can never go wrong with tasty combos like Beef Florentine with Tomato Bisque or Smoked Turkey & Artichoke Flatbread with a fresh spinach salad. DELICIOUS!

Another new addition to the SEH-A food service program is Café 65. This is a satellite service area in the Building 65 break room. It offers a variety of “grab and go” items like morning pastries, salads, and sandwiches. The same daily hot entrée being served in the main café will also be available. The initial hours of opera-

tion will be Monday through Friday: Breakfast 8:00AM - 10:00AM, Lunch 11:00AM - 1:00PM, Dinner 8:00PM - 12:30AM.

Also check out the following new café items and programs:

• SEH-A “Guest Chef” Series

On October 22 Eurest brought in the first “Guest Chef” to SEH America. Chef Christa Collins prepared a northwest inspired salad that was worthy of a 5 star restaurant. Watch for announcements regarding the next “Guest Chef” day.

• SEH-A “Cinnamon Roll Friday”

Eurest has purchased a new oven for the café. Soon the smell of fresh baked cinnamon rolls will fill the hallways. The oven will also be used for other freshly prepared desserts and a variety of hot entrée items.

• “Cookie for Your Thoughts”

Both Eurest and SEH-A want to provide a food service program that meets the needs of the employees. Your feedback is a valuable part of making this program a success. On random days throughout the year you will be offered a cookie in exchange for filling out a brief confidential questionnaire. You can make comments and suggestions anytime by visiting the café site on SEHnet and clicking on “Feedback”.

Eurest has brought a whole new dimension to their service and food selection. Please don't miss an opportunity to TASTE THE CHANGE! ●

A Health & Benefit Fair: Nov 4th and 5th

Mark your calendars for our upcoming Health and Benefit Fair to be held on Tuesday, November 4th from 3-7pm and Wednesday, November 5th from 4-8pm in the Customer Conference Room on the 3rd floor of building 65.

We will have a number of health vendors in attendance. For health and wellness, there will be some fun and interesting local vendors providing valuable information, FREE trinkets and services such as blood pressure checks, spinal checks, body fat analysis and health assessment screenings.

Our benefit plan representatives will be in attendance along with Southwest Washington Medical Center and Providence. This is a great opportunity to learn more about your health and ask questions about your benefit coverage. You can enter a drawing to win free prizes such as gift certificates, gift baskets, gym balls, dental white strips, environmentally-friendly dust gloves, and much more.

Be sure to stop in and check it out! ●



ShipStow

Employee Spotlight: The Quad Squad

What would you do if you broke your neck just before your 18th birthday? What would you do if you were told you would never be able to walk again? What if you couldn't do the simple things in life such as feed or dress yourself? For Ron Heagy this is reality. Ron is a quadriplegic. For many of us the above scenario conjures up feelings of terror, sadness, and fear. But Ron decided early on to go a different direction – he made the choice to live his life to the fullest and he was determined to make the best of his given situation. To start, he successfully completed college, even typing term papers with a stick in his mouth. He graduated from San Diego State University with a Masters Degree in social work. His goal became to create programs and activities to help others develop positive attitudes and improve their quality of life. Through his foundation and uplifting attitude Ron has a long list of accomplishments and as a result of his tenacity he is a motivational speaker, an author, a mouth painter, a husband and a father.

Having never been one to give up on his dreams, Ron has always wanted to be the first fully quadriplegic man to drive a gas-powered car. His goal is to exceed 100 mph on the International State of the Utah Salt Flats. Several months ago Ron Phillips, a Maintenance Technician in the CZ group, decided that he wanted to help his good friends dream come true. He donated his 1968 Pontiac Firebird and created a technical team called the Quad Squad. This volunteer team is the technical brain and force behind the lengthy process of modifying an automobile to be driven by a quadriplegic. Many of these individuals on this volunteer team are employees at SEH-America; Mike Peters, Curt Buchanan, Ed Tolon, Dave Vickrey, Robert Withee, Nick Znaiden, Phil Lavine, and Russ Hill. Over the months, the project has gained momentum as people and companies have come forward to help in the cause by donating time, money, critical technology and expertise.

If all goes according to plan, the car should be ready for Ron to drive in early January on the Salt Flats in Utah.

“When I was presented with the opportunity to help build a 1968 Firebird for Ron Heagy, I jumped at the chance. The core group of SEH maintenance technicians and engineers involved



Pictured here is a blending of the SEH-A and US Digital Ron Heagy Team. The SEH-A team consists of Phil Lavine, Curt Buchanan, Ed Tolon, Nick Znaiden, Dave Vickrey, Russ Hill, Ron Phillips, Robert Withee, Mike Peters, and Bobby Woods, VP of US Digital.



Ron Heagy seated in the car with Ed Tolon smiling at his side.

looked to be a promising and dedicated group. Together, the team had an impressive blend of knowledge and skills that would enable us to build just about anything. Originally, I did not know much about Ron other than he was a man in his 40's who had been paralyzed since he was 17 years old and he spent most of his time helping other people, with his words, to make the world a better place. I had the chance to personally spend time with Ron and after my visit I was anxious to start building the car.

Even though the car is not complete, we did get a chance to put Ron in the drivers seat and fire up the engine. The look in his eyes and the emotion on his face convinced me that I am part of a miraculous project and team.

This endeavor is teaching me a lot about overcoming obstacles. It has been a great opportunity to help Ron realize his dream and bring more awareness to the disabled and insight to their daily obstacles.” Ed Tolon, SEH-America

If you are interested in learning more about this project please visit their website at www.thequadsquad.net. If you are interested in learning more about the good works of Ron Heagy please visit his website at www.ronheagy.com

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It has been a great opportunity to help Ron realize his dream and bring more awareness to the disabled and insight to their daily obstacles.

~ Ed Tolon, SEH-America

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For more information on Ron Heagy visit: www.ronheagy.com

More information about the Quad Squad visit: www.quadsquad.net

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WIN A FREE MEAL JUST FOR READING THE WAFER'S EDGE!

Follow these simple steps
for a chance to win:

1. Read the articles in this issue of *The Wafer's Edge*
2. Answer the following questions and send them to seh_recruiters@sehamerica.com no later than 11/07/08:
 - What are the dates and times of the Health and Benefits Fair?
 - What is the name of the new gourmet sandwiches being serviced at the SEH-A Café?
3. What kind of car did Ron Phillips donate to the Quad Squad?
4. Your name will be put into a drawing to win a free meal at the SEH-A Café.

10 prizes will be awarded.
Winners will be notified
by email.



A Few Surprising Signs - You'll Live Longer Than You Think *By Sandra Gordon, Prevention Magazine*

Consider this: In the 20th century, the average life expectancy shot up 30 years—the greatest gain in 5,000 years of human history. And this: Centenarians—folks who make it into the triple digits—aren't such an exclusive club anymore, increasing 51 percent in number from 1990 to 2000. How to account for these dramatic leaps? Advances in health, education and disease prevention and treatments are high on the list, and that makes sense. But what you may not know is that seemingly unimportant everyday habits can influence how long and how well you'll live. Here, the latest research on longevity—science-based signs you're on a long-life path, plus tips on how to get on track.



■ Sign: You're a Tea Lover

Both green and black teas contain a concentrated dose of catechins, substances that help blood vessels relax and protect your heart. In a study of more than 40,500 Japanese men and women, those who drank 5 or more cups of green tea every day had the lowest risk of dying from heart disease and stroke. Other studies involving black tea showed similar results. You really need only one or two cups of tea daily to start doing your heart some good—just make sure it's a fresh brew. Ready-to-drink teas (the kind you find in the supermarket beverage section) don't offer the same health benefits. "Once water is added to tea leaves, their catechins degrade within a few days," says Jeffrey Blumberg, Ph.D., a professor of nutrition science and policy at Tufts University. Also, some studies show that adding milk may eliminate tea's protective effects on the cardiovascular system, so stick to just lemon or honey.



■ Sign: You'd Rather Walk

"Fit" people—defined as those who walk for about 30 minutes a day—are more likely to live longer than those who walk less, regardless of how much body fat they have, according to a recent study

of 2,603 men and women. You can improve their heart health by adding just 10 minutes of activity to their daily routine, says recent research. So take a walk on your lunch hour, do laps around the field while your kid is at soccer practice—find ways to move a little more, every day.



■ Sign: You Eat Purple Food

Concord grapes, blueberries, red wine: They all get that deep, rich color from polyphenols—compounds that reduce heart disease risk and may also protect against Alzheimer's disease, according to the new research. Polyphenols help keep blood vessels and arteries flexible and healthy.



■ Sign: You Really Like Your Friends

"Good interpersonal relationships act as a buffer against stress," says Micah Sadigh, Ph.D., an associate professor of psychology at Cedar Crest College. Knowing you have people who support you keeps you healthy, mentally and physically: Chronic stress weakens the immune system and ages cells faster, ultimately shortening life span by 4 to 8 years, according to one study. Not just any person will do, however. "You need friends you can talk to without being judged or criticized," says Sadigh.



■ Sign: You Don't Have a Housekeeper

Just by vacuuming, mopping floors, or washing windows for a little more than an hour, the average person can burn about 285 calories, lowering risk of death by 30 percent, according to a study of 302 adults in their 70s and 80s. ●